



THE RILEY BUGLE CALL

Community Action Council 16 June 2004 1:30pm Soldier & Family Support Center

Welcome - Introductory Remarks
COL John A. Simpson, Jr.
Garrison Commander, Fort Riley, Kansas

Presentation
Summer Care of Pets – Vet. Services

Announcements

Irwin Army Community Hospital (IACH)

- IACH continues to experience losses of healthcare providers and support staff to deployments and as always continues to work diligently to augment these losses and to mitigate the effect of this installation's continuing mobilization mission on appointments in our facility, specifically the Primary Care clinics. Fort Riley continues to receive large numbers of Soldiers from both the reserve component and the Active Duty force deploying to and returning from both Southwest Asia and from European deployments. These soldiers continue to require extremely intense medical processing which will place a large demand on our facility. In an attempt to mitigate this effect we continue to authorize our beneficiaries access to the local TRICARE network and continue to request or contract for additional medical support from other installations and the local community to assist in meeting your healthcare needs.
- Labor, delivery, and postpartum service has moved to the 5th floor of the facility while we continue with the renovation of our Women's Health Clinic. We encourage interested members of the Army Family to come by and visit us.
- The Outpatient Pharmacy has been relocated to the basement during the renovation and redesign of the first floor area. We are committed to completing these important facility upgrades quickly and will continue to serve you in a manner consistent with our commitment to you our patient.
- The School/Sports Physical Fair will be held on Saturday, 24 July 2004 and Saturday, 7 August 2004. Appointments for these two days will be available to schedule on 1 July 2004 by contacting the TriCare Service Center appointment line at (785) 784-1200. Limited physical appointments are currently available in the Primary Care Clinics for children requiring physicals prior to 24 July. School and sports physical forms will be available to pick up prior to the physical fair at the Patient Assistance Desk, First Floor, Main Lobby. No appointment is necessary for children requiring immunizations only. Walk-in hours for the Immunization Clinic are Monday, Wednesday, and Friday from 7:45-11:15am and 1:00-3:45pm. Hours on Tuesday are 1:00-3:45pm and Thursday from 7:45-11:15am.

Directorate of Morale, Welfare and Recreation (DMWR)

Business Operations

- **Custer Hill Golf Course Bldg. 5202 Normandy (785) 784-6000**
 - **Membership Savings for Golf:** The golf course is in excellent condition. If you are planning to play golf during the year, you will find the price for membership very reasonable. Our daily rates are still moderate and very comparable with local golf courses. Special rates are offered for play in the late afternoons and a twilight rate of \$7.00 is available after 4:30pm. The driving range and practice putting green are available for use daily.
 - Although memberships remain the same price for the coming year, the cost of our 10-Play Cards will be rising to \$100.00, and E1-E4 prices will be \$7.00 for weekday play and \$10.00 for weekend play. All other weekday and weekend prices will remain the same at \$13.00 and \$15.00. You can save by becoming either a member of the golf course or a 10-Play member—your choice. The savings will only come with your continued use and play on our course.
 - **Golf Instruction:** A staff member is available, on premises, to assist you in your golf fitting, training, and lessons. A Junior Program is in the development and will be available beginning in July. Contact the Golf Manager for more information. Lessons may be scheduled by calling the golf pro shop. If you are interested in signing up, call the golf course at 239-5412.
 - **Operating Hours:**
 - **Tuesday – Sunday 7:30am-8:30pm**
 - **Monday – Open at 12:00pm**
- **Rally Point 2600 Trooper Drive (785) 784-5434**
 - Regular events planned are the following:
 - Krazy Karaoke and Hot Wings every Wednesday
 - Request Night every Thursday
 - \$0.95 Cheeseburger Thursday 5:00-9:00pm
 - Family Night every Friday 5:00-8:00pm
 - Mixed Dance Night Fridays 8:00pm
 - Saturday – Hot Wings 8:00-11:00pm
 - Late Nite Program Every Friday & Saturday (11:00pm)
 - Variety Dance Night Saturday 8:00-11:00pm
 - Late Nite with Monroe 11:00pm-4:00am
 - **Coming Events:** Check our advertising or go online for special events
 - **Plan for your Unit Function at Rally Point!** Contact us at 784-5434 if you want to have a unit function in Rally Point. We are willing to help you any way we can.
- **Custer Hill Lanes Bldg. 7485 Normandy (785) 239-4366**
 - Come experience the difference for your “First Choice” as an entertainment place to go after work and every evening.
 - **The Strike Zone Snack Bar:** Open daily at 5:00pm. We offer pizza by the slice or by the pie. Call 239-1710. The snack bar also offers regular entrees, hamburgers and salad specials.
 - **Summer Leagues – Sign up Now.** The Bowling Center offers a regular program of bowling from Leagues, Open Bowling and Extreme Bowling.
 - **We have a special program involving NASCAR at the Center.** Be sure to sign up and win a prize. Check with center personnel for details.

- **Hours of operation:**
 - Tuesday 5:00-11:00pm Open Bowling
 - Wednesday 5:00-11:00pm Open Bowling
 - Thursday 5:00-11:00pm Open Bowling
 - Friday 5:00pm-1:00am (Open Bowling until 10:00pm then Extreme Bowling)
 - Saturday 3:00pm-1:00am Open Bowling
 - Saturday 5:00-7:00pm Family Extreme Bowling
 - Saturday 9:00pm-1:00am Extreme Bowling \$10/person
 - Sunday 5:00-10:00pm Family Extreme & Open Bowling
 - **Sorry, Closed on Mondays**
- **ITR (Information, Ticketing & Registration) Bldg. 6918 (785) 239-5614**
 - ITR offers the following services: Hotel Reservations, Fax Services, Discount Movie Tickets, Vacation Planning, Military Exchange Prepaid Calling Card and Leisure or Commercial Travel such as Airline Tickets and Cruises.
 - For more information contact the ITR.
- **Riley's Convention Center Bldg. 6918 (785) 784-1000**
 - Opening in July (Sorry exact date unknown)
 - Designed for Official Functions and also Unofficial Events
 - Contact Riley's Manager at 239-3040
 - Scheduling of Unofficial Events may be made by calling Riley's Manager.

Community Recreation

- **Arts & Crafts Center Bldg. 6918 (785) 239-9205**
 - The Fort Riley Arts & Crafts Center offers a number of open shop usage areas for patrons. Usage areas include woodshop, ceramics studios, matting and framing studio, computer lab, photography, stained glass, sewing, quilting, basket weaving and leather. Classes are offered in the evenings and on weekends in all program areas. A schedule of upcoming classes is available.
 - **Open shop activities hours of operation:**
 - Monday and Tuesday 1:00-8:30pm
 - Wednesday 9:00am-4:30pm
 - Thursday and Fridays Closed
 - Saturday and Sunday 9:00am-4:30pm
 - **Closed** most holidays.
 - The Arts & Crafts Center is co-located with ITR in Bldg. 6918 across from the Post Exchange. Call 239-9205 for more information.
 - Arts & Crafts offers tours and classes for groups such as coffee groups, FRGs and scouts.
 - **The woodshop** has 4,000 square feet of floor space and all the specialized equipment to complete any project. A large selection of hardwoods, plywood and processed materials are available for purchase.
 - **The ceramic studio** has over 2,000 molds available as well as four potters wheels and five ceramic kilns, making it possible to create finished ceramic ware from scratch.
 - **The matting and framing studio** has a huge selection of mats and frame stock available as well as state of the art equipment. Conservation and preservation mats are available for fine art work pieces. Finish a project in one day with the help of our friendly staff.

- **The black and white photography lab** offers five enlargers, large sink areas and film and print dryers. Photo supplies are available for purchase.
- **The computer lab** has two desktop computers with a wide range of graphics and business software. A flatbed color scanner and color laser printer are ready for walk-in use. For a nominal fee, staff will show what programs are available and then you can get to work. You must have previous computer knowledge. Internet access is available for purchase.
- **Other studio areas** include stained glass, sewing, quilting, basket weaving and leather. Specialized equipment such as sewing machines, zyron and Accu Cut for scrap booking, glass saw and grinders, and engraving equipment are available for walk-in use.
- **Services Available** includes professional matting and framing, plaques and awards and computer engraving. The center boasts a new laser engraver that rivals any engraving service in the area. Stop by for a free estimate on matting and framing services for your artwork, prints or certificates.
- **Stop by for a class schedule or pick up the MWR Recreational Guide at any MWR facility.**
- **Automotive Skills Center Bldg. 7753 Apennines (785) 239-9764**
 - **Hours of Operation:**

| | |
|--------------------|---------------|
| Wednesday – Friday | 1:00-9:00pm |
| Saturday – Sunday | 9:00am-5:00pm |
| Monday and Tuesday | Closed |
 - **Closed: July 4 in observance of Independence Day.**
 - The Fort Riley Automotive Skills Center is located in Bldg. 7753, Apennines Dr, next to the 24-hour car wash.
 - The automotive skills center provides state of the art tools and equipment for patrons utilizing the facility.
 - Basic and advance automotive repairs for active duty personnel, family members, retiree, reservists, youth and scouts.
 - Basic automotive repair class first and third Thursday of each month 6:00-7:30pm
 - Advance automotive repair class second and fourth Thursday of each month 6:00-7:30pm
 - Services include four-wheel drive front and rear wheel alignment, air conditioning testing and service, **25-point vehicle safety inspection (\$10 by appointment)**, and much more.
 - Professional staff of trained mechanics to instruct and assist in self repair projects
 - 15 Vehicle Lift Bays
 - Open bays and lift bays with complete set of tools and roll-around benches for customer use.
 - Complete tool room with specialized tools and limited parts store.
 - 8 Bay Car Wash with power washers and vacuum cleaners.
 - State-of-the-art Paint Booth and Body Shop employee for expert advice and instruction.
 - Mitchell on-demand technical library available on DVD.
 - Check us out so we can check your automotive needs before you pay expensive repair bills. We have the latest equipment to perform tests on alternators, batteries, air-conditioning, on-board computers, anti-lock brakes and much more.
 - On site parts sales store.

- **Outdoor Recreation Center (ODR) Bldg. 9011 (785) 239-2363**
 - **Summer Hours of Operation:**
Monday, Thursday, Friday: 9:00am-5:00pm
Saturday and Sunday: 8:00am-4:00pm
Tuesday and Wednesday: **Closed**
Closed: July 5 and September 6, 2004 (Federal Holiday)
 - **Canoe Trip:** Take a Canoe Trip June 19, 9:00am-3:00pm, down the Big Blue River from Rocky Ford to the Bridge on Highway 24. Cost is \$15 per person, which includes canoe, paddles, life jacket and transportation to and from site. We will leave ODR at 8:00am and return around 4:00pm.
 - **Scuba Diving Certification:** There will be a Scuba Diving Class June 19 & 20 from 8:00am-5:00pm held at the Junction City YMCA, 1703 McFarland Road. The cost of the program is \$250, which includes books, instructions and certification cards. There is an extra charge for rental of mask, fins and snorkels as well as camping at Table Rock Lake for check out dives. Students can rent masks, fins and snorkel for the class. Cost is \$25 or you can buy them from the instructor. Once class and pool time have been completed, participants will do "check out" dives at Table Rock Lake, MO. Participants will practice the skills they have learned in a lake setting. Class members will meet at the lake on a Friday afternoon and begin dives that evening. Dives will continue Saturday and will conclude Sunday morning.
 - **Laser Shot Shooting Simulation System:** Improve your hunting skills with the Laser Shot Shooting Simulation System. Cost per person is \$5 per hour or group rate is \$15 per half-hour or \$25 an hour.
 - **Moon Lake.** We are now taking reservations for the Scouting Area at Moon Lake. There is no cost to use the area.
 - **Rent our Suntracker 21' Pontoon Boat.** Cost is \$125 per day or \$200 per weekend. Rent our fish and ski boat (90hp motor) for \$92 per day or \$175 per weekend. We, also, have water skis and inflatable towable tubes (typhoon and big dawg) available to pull behind the pontoon boat or the fish and ski boat. Cost for each is \$10 per day or \$15 a weekend. We also have jon and v-bottom boats. A boating test is required before renting any of our boats.
 - **Going to Country Stampede This Month?** Come see our campers you can rent for the weekend. We have several different styles. Costs are \$40 and \$52 per day or \$70 and \$100 a weekend.
 - **Playstations for Kids.** Having a special event for the children this summer? Rent one of our three (pirate ship, round or square) playstations (requires electricity) for \$92 per day or \$150 per weekend. We also have a large selection of party/picnic equipment, leisure equipment, camping equipment, canoeing, kayaking and boating accessories for rent.
 - **Consider ODR for Your Function.** You are welcome to use our facility area to hold your special function. Stop by and see us at 9011 Rifle Range Road. Call us at 239-2363 and see if we have what you need to make your function the best ever.

Sports - King Field House Bldg. 202 (785) 239-3868

- **Riley Wheels Skating Rink**
 - **Hours of Operation:**
Friday: 8:00-10:00pm

Saturday: 1st Session 6:00-8:00pm – 2nd Session 8:00-10:00pm (\$1.25-stay-over fee for 2nd session)

- Sunday – 2:00 to 4:00pm - Family Skate \$1.00 per family member. **Authorized ID Card holders only!**
- Riley Wheels is available for rent for private functions such as birthdays, unit parties, support groups, youth and school groups, scouts, etc. For more information call 239-3764.

- **Eyster Pool**

- July 5 - Sign up for July Swim lessons at Custer Hill Pool or Main Post Pool July 19-30 July lessons
- Level I Monday-Thursday 10:00-10:30am \$20.00
- Level II Monday-Thursday 10:30-11:00am \$20.00
- Level B Monday-Wednesday-Friday 11:00-11:30am \$15.00
- Level I Monday-Thursday 4:30-5:00pm \$20.00
- Level II Monday-Thursday 5:00-5:30pm \$20.00
- Level III Monday-Thursday 6:00-6:30pm \$20.00
- Level IV Monday-Thursday 6:30-7:00pm \$20.00

- **Outdoor Pools**

- Custer Hill Pool hours of operation - 11:00am-8:00pm **Daily**
- Main Post Pool hours of operation - 12:00-7:00pm **Daily**

- **Pool Passes**

- | | Single | Family |
|---------------------|---|---------------|
| ○ Quarterly | \$35.00 | \$50.00 |
| ○ Semi-Annual | \$60.00 | \$80.00 |
| ○ Annual | \$110.00 | \$150.00 |
| ○ Daily Entry Fees: | \$1.50 - ID Card holder \$2.00 - Guest Free - Child five and under | |

- **Adult Intramural Sports Programs**

- **June 21-25 - Tennis Tournament**
Each battalion commander is authorized a men's team of six singles and one doubles team along with a women's team of four singles and one doubles team.
- **July 22 - Battalion Level Swim Meet**
A battalion may organize a men's team of ten swimmers and a female team of six swimmers. Letters of intent to participate are due in the sports office by close of business July 13.
- **July 24-25 - Battalion Level Golf Tournament.**
Each battalion commander is authorized to enter one men's team and one women's team consisting of five players. The golf tournament will be 36 holes of stroke play. A roster of battalion team members with approximate handicap will be forwarded to the sports office no later than close of business July 9.
- **July 17-18 - Blue Moon Madness Softball Tournament**
ASA State Qualifying Softball tournament, Class D men. Entry fee \$130.00 - Entry deadline July 13.
- **July 31 - Old Wooden Bat Tournament**
ASA State Qualifying Tournament, open to men's civilian and military teams. Entry fee \$50.00 - Entry deadline July 28.
- For additional information call 239-3945/2172.

- **Fitness Programs**

- **Aerobic Classes** – Monday & Thursday Evenings 5:30-6:30pm Costs are \$2.00 per class or as listed if paid for in advance.

- July \$12.00/month

- August \$12.00/month

- September \$12.00/month

**** No class on July 5 and September 6 due to the holiday.** There must be at least 6 members registered for the month, otherwise class will be cancelled.

- **Personal training** sessions are available and limited. The Fort Riley Fitness Departments personal trainer is able to provide body fat analysis and assist you with your fitness goals. Call and schedule your appointments as soon as possible. Please call the Sports Dept. 239-3146 for additional information.

- **Childcare at King Field House**

- Childcare is now available at King Field House Fitness Center Tuesdays and Thursdays from 8:45-10:45am. Slots are limited and must be reserved and **paid** for in advance. Register at the Sports Dept. between 8:00-12:00am and 1:00-4:00pm Monday-Friday. Parents must remain on site while using childcare.

- Please call the Sports Dept at 239-2813 for additional information.

- **3rd Annual 10-5-2 Prairie Run July 24, 2004**

5 & 10 mile races to begin at 7:00am and the 2-mile race will begin at 7:10am. Start and end King Field House. Each race will be broken down into gender and age categories. Registration forms can be picked up at any Fort Riley fitness centers or the Fort Riley Sports Dept. For additional information call 239-2813 or 239-2172.

Better Opportunities for Single Soldiers (BOSS) (785) 239-8147

Soldier and Family Support Center (785) 239-9435

- **Relocation/Family Readiness**

- Newcomers' Orientation: 8:30am-2:30pm 25 June
9 July
23 July
- PCS Briefings: 1:30-3:00pm Stateside – 23 June
Korea – 7 July
Germany – 14 July
Overseas – 21 July
Stateside – 28 July

- **Home -Based Business – An option for spouses of deployed soldiers**

Meet spouses who have found successful and non-traditional jobs that allow them to earn an income while staying at home or working part time. Soldier & Family Support Center – 12 July 04 – 12:00-3:00pm. Pre-register by July 6. Free childcare, call for reservation and please bring your child's shot record. POC for additional information is the Family Readiness Coordinator or Outreach Coordinator 239-9435.

- **Spouses Night Out at the SFSC**

Did you miss our last night out? Perhaps you've heard what a good time we had! Don't miss this one! Come out and join us for a night of games, food, prizes and fun! fun! fun!

Childcare – **Free!** You must pre-register by July 16 and please bring your child's shot records. POC for additional information is Family Readiness Coordinator or Outreach Coordinator 239-9435.

o **Deployed Soldiers Spouse's Program**

Due to reduced attendance, the ACS Family Readiness, Deployed Soldiers Spouse's Program will discontinue the sessions held on the 2nd Monday of each month. The support group sessions will continue to be held on the 4th Monday of each month. The sessions are lead by license social workers. Family members are encouraged to attend these sessions to share and receive support from others who also have a love one that is deployed.

4th Monday of each month (unless this is a holiday)

Place: Soldier and Family Support Center, Bldg. 7264

Time: 12:00-3:00pm

Free Childcare/6 weeks to 5yrs. (please bring shot records/ snack is provided)

o **Post Deployment Support for Soldiers and Family Members**

Are you a soldier or a family member of a soldier who has recently returned from Iraq and is having difficulty adjusting?

Are you or your spouse feeling depressed or stressed since your returned?

Are your children acting out or experiencing difficulties?

You are not alone....

o **Help is Always Available:**

- Fort Riley Irwin Army Community Hospital – Behavioral Health – Deployment Cycle Care Management Program / Building 602 / 239-7208
- Chaplains Help Line /239- HELP (4357)

o **Army One Source**

- Free, off post, confidential counseling / 6 in-person sessions
- Consultants who speak Spanish and 150 other languages
- 24 hour help line -1-800-464-8107
- Fort Riley Army Community Service (ACS) at the Soldier and Family Support Center, Bldg. 7264 / 785-239-9435 / POC's Family Readiness Coordinator or Army Community Service Director

• **Army Family Team Building (AFTB)**

- o If you are new to the Fort Riley area and are interested in learning about resources that are available to you or find that everyone is speaking another language that sounds more like alphabet soup than words, then you could benefit from the Army Family Team Building (AFTB) Level One classes.
- o Level One and Level Two classes are offered at the Armed Services YMCA in Junction City on designated Fridays 11:00am-2:00pm with free childcare on site. You **must** contact the AFTB Program Manager to enroll your children prior to attending any classes. For more information or to speak to the Program Manager please call 239-9435.
- o Level Two and Three evening classes are given at the Soldier and Family Support Center and are open to everyone. There is no childcare provided for the evening classes.
- o If you, your unit/battalion, Family Readiness Group or other group would like to schedule separate Level I, II or III classes, please contact the Program Manager. These classes can be held at your location or at the Soldier and Family Support

Center. There is a minimum of five people required to hold a class and two weeks notice is needed for planning.

- **Army Family Action Plan (AFAP)**

- o The 2004 Army Family Action Plan (AFAP) conference has been scheduled. The Teen Conference will be held 16 October 2004 from 9:00am-3:00pm in the Teen Center, Bldg. 5800. The conference is open to all middle and high school students. All are encouraged to attend the conference and voice your concerns. Changes cannot be made if the senior staff does not know what the problems are.
- o The adult conference will be held 21-22 October from 8:30am-3:00pm in Riley's Convention Center Bldg. 446. The conference is open to active duty, family member, DA civilians and retirees.
- o We are recruiting delegates, facilitators, recorders and issue support persons to participate in the conference. If you are interested in any of these positions please contact the Program Manager at 239-9435.
- o If you have issues that you wish addressed it is important that you submit them to the Program Manager. This can be done on-line via the web page, by emailing the issue to site2665@riley.army.mil , by phoning the issue in to the Program Manager at 239-9435 or by writing it out and mailing or dropping it off at the Soldier & Family Support Center, Bldg. 7264, Fort Riley, Ks 66442 Attn: AFAP Program Manager.
- o This process is only as good as you the community make it by getting involved. We look forward to your participation.

- **Family Advocacy Program (FAP)**

- o Family Advocacy Program presents America's Most Practical and Entertaining Parent Training – **Becoming a Love and Logic Parent**. This course in parenting is designed to give you practical skills that can be used immediately.
- o **Date:** July 14, 21, 28, 2004
- o **Time:** 900am-1:00pm
- o **Location:** Soldier and Family Support Center, Bldg. 7264
- o **Cost:** **Free Registration and Childcare with advance reservation, 20 childcare spaces, must bring updated immunization records.**

Child and Youth Services (CYS) (785) 239-9173

- **CYS programs will be closed on the following Federal Holiday: July 5, Independence Day.**
- **Instructional Classes:** Instructional classes in Dance, Gymnastics, and Martial Arts have ended. Piano classes will continue through the summer. Summer class schedules will be available at CYS Central Enrollment. Contact Central Enrollment at 239-4847/9478 for more information. An annual sport physical is required for all athletic instructional classes. A health assessment may be used if it is marked "cleared for all sports".
 - o Summer classes are being held in Kindergym, 18 months-4 years; Tumbling Camps, ages 3-12 years; Dance Camps, ages 3-14 years. Kindermusik and cheerleading clinics were cancelled due to low enrollment. Specific information on dates, times, and costs is available at Central Enrollment. Flyers are on the table for distribution.
 - o **Red Cross Babysitting Course**
 - Upcoming classes: July 10 and August 7 at Bldg. 5800.

- Cost is \$10. Call CER for more information at 239-4847
- Youth must be 11 years and older
- All youth (12 years and older) who successfully complete the course are eligible to be included on the Fort Riley Teen Babysitter Referral List, with parental permission.
- **Central Enrollment Registry (CER)** Bldg. 6620 on Normandy Avenue
 - Must be registered in CYS to participate in CYS programs
 - Hours of Operation: Monday-Thursday 8:30am-5:30pm and Friday 1:00-5:30pm
 - Annual registration fee is \$15 per child, or \$35 per family
 - CYS registration may be transferred to a new duty station upon PCS
 - Contact CER at 239-4847, for information, or make an appointment to enroll in CYS
- **Parent Advisory Council (PAC)** meets first Friday of each month from 4:00 to 5:00pm in Bldg. 6620 training room. All parents are encouraged to attend. Agenda includes program updates and parent information. Patrons receive a 10% discount after attending three meetings. Call Outreach Services at 239-9850 for additional information.
- **Child Development Center (CDC)** is accredited by the National Association for the Education for Young Children (NAEYC)
 - Hours of Operations are from 6:00am to 6:00pm
 - Serve children ages 6 weeks to Kindergarten
 - Full-day, part-day preschool and hourly care is available
 - **Free hourly care is available for families of deployed soldiers on June 19. Children between 6 weeks of age and Kindergarten will receive free care at the CDC from 10:00am to 1:00pm. Lunch will be served to the children at 11:30am. Children must be registered with CYS to participate in this program, and must make a reservation by noon on the Thursday prior to the Saturday opening.**
- **Family Child Care** consists of care offered in on-post quarters by a military family member who meets FCC certification requirements. Homes are inspected and monitored regularly. Adult family members must pass background checks.
 - Hours of Operation are from 6:00am to 6:00pm, with the ability to offer extended and overnight care in the evenings and on weekends for duty related needs. FCC providers offer flexible hours that may better meet the needs of those requiring child care for extended periods, and for shift workers.
 - Serve children 4 weeks to 12 years of age
 - Full-day, part-day, and hourly care available
 - Small group setting with home atmosphere
- **Family Child Care Home Certification** - An FCC orientation is held on the first Thursday of each month for people interested in becoming an FCC provider. The orientation is from 2:30-4:00pm in Bldg. 6620. For more information, call the FCC Director at 239-9892. Three Fort Riley FCC homes recently achieved Military Home Accreditation status.
- **School Age Services** is accredited by the National School Age Care Alliance (NSACA).
 - Hours of Operations are from 6:00am to 6:00pm
 - Before and after school program for grades 1st--5th grades
 - Kindergarten program
 - Transportation provided to and from on-post schools.
 - "Transportation is not provided for Hourly Care students"
 - Breakfast is served up to 8:00am

- **Open Recreation (hourly care)**
 - Available for children in 1st-5th grade
 - Monday-Friday from 3:30-6:00pm on school days, 1:30-6:00pm on school early-out days and 6:00am-6:00pm on no-school days
 - Parents must provide transportation and **make** reservations are suggested
 - **Free hourly care is available for families of deployed soldiers on June 19. Children who are in Kindergarten through 5th grade may receive free care at SAS from 10:00am to 1:00pm. Lunch will be served to the children at 11:30am. Children must be registered with CYS to participate in this program, and must make a reservation by noon on the Thursday prior to the Saturday opening.**
 - Children eligible for School Age Services, who are registered with CYS, are also eligible to receive 5 hours of free Open Recreation each month. Reservations are recommended. Call CYS at 239-9478 for more information.
- **Middle School and Teen Program** Fort Riley Teen Center, Bldg. 5800, corner of Thomas and Longstreet, 239-9222. The Teen Center participates in 4-H, Boys and Girls Club, Character Counts, and Promise Passport.
- **Teen Center Activities:** Fitness Room and Gym available after school: 4-H projects, Art projects, Photography available every Wednesday. Homework room/time available every day after school from 3:30-5:00pm. A schedule of activities is available at the Teen Center, Bldg. 5800, Thomas Avenue. Teens in High School may now self-register to participate in CYS Teen Center activities, with parental permission. Contact the Teen Center Director at 239-9227/9222 for more information.
- **MST Summer Camp**
 - During summer break the Teen Center is offering a weekly program for Middle School students. The camp runs from 8:00am-1:00pm, except for field trip days. We will have one-week sessions of activities focused on Sports & Fitness, Life Skills, Health, Arts & Crafts, Recreation, 4-H, and Community Projects. The cost is \$20.00 per week per youth.
- **Youth Sports**
 - Baseball, softball, and T-ball practices began May 17, and games began on June 1.
 - The Start – Smart instructional baseball program for 3 & 4 year olds and their parents will be starting in June.
 - Soccer and volleyball camps will be conducted this summer.
 - If you have questions, please contact the Youth Sports director at 239-9223.
- **School Liaison Officer - 239-1558**
 - POC for school related information and services
 - Office hours are 8:00am-5:00pm, Monday-Friday in Bldg. 6620, Normandy Drive
 - Sign up for School Liaison Office In Touch for updates on school related topics.
 - **USD 475 (Geary County-Junction City, Fort Riley, Milford, and Grandview Plaza) website: <http://www.usd475.org> Tel: 785-238-6184**
 - **USD 383 (Manhattan-Ogden) website: <http://www.usd383.org/> Tel: 785-587-2000**

Fort Riley University 239-6481

- **Museum Division**
 - The 95th Division Band will give a concert of patriotic music on the Museum grounds (north side) on 22 June, beginning at 7:30pm.

There is no admission and persons attending are encouraged to bring blankets and lawn chairs and enjoy the evening. It is a thirty-five piece band and will be here on AT. For more information closer to the event - persons may call the museum, 239-2737.

- **Education Division**

Fort Riley University has partnered with the School of Family Studies and Human Services, College of Human Ecology at Kansas State University to design and develop an educational program in Personal Financial Planning. The program will benefit Fort Riley's Total Army Family and the entire Fort Riley Community-at-large. The KSU Partnership, in consultation with Fort Riley University, are submitting a grant proposal to the National Association of Securities Dealers (NASD) Education Foundation to provide scholarships to the Fort Riley military and civilian community as an education incentive to join the Kansas State University/Fort Riley Cohort for the summer/fall 2004 program. KSU is submitting the grant proposal through their grants-foundation. Upon completion of all academic requirements students will be eligible for the Family Financial Planning Certification. Once institutionalized at Fort Riley, the model program will be shared with other military installations nation-wide.

- **Army Career and Alumni Program (ACAP)**

- Spouses and other family members of transitioning soldiers can get the same Pre-separation Benefits Briefing, Job Search training, and Job Search assistance and counseling that soldiers get themselves. All a spouse needs to do is inform ACAP that the sponsor is transitioning for access to the full range of ACAP services.
- A new benefit is that Army Retirees and their families can use ACAP services, on a space available basis, for the rest of their lives.
- ACAP is in Bldg. 210, Room 006 in the Personnel Processing Center on Custer Avenue, Main Post. Call 785-239-2278 or 2248 for information. Email ACAP at acap@riley.army.mil or find ACAP on the global address book under FRU, ACAP.

Installation Chapel Office

- **Sunday Protestant Worship**
 - 9:30am Normandy Chapel (Evangelical) 239-5711
 - 10:30am Main Post Chapel (Traditional) 239-6597
 - 11:00am Morris Hill Chapel (Gospel) 239-4814
 - 11:00am Normandy chapel (Lutheran) 239-5711
- **Schedule of Catholic Masses**
 - 12:00pm Hospital Chapel Monday-Thursday
 - 9:00am Morris Hill Chapel Mass
 - 11:00am St. Mary's Chapel Mass
- **Jewish Religious Service**
 - 6:00pm Normandy Chapel
- **Chaplains' Concert and Seminar Series**
 - **Friday, June 18, 2004, 7:00pm – Morris Hill Chapel**
 - **Journey Bound Quartet** (Southern Gospel Music)
- **Protestant Women of the Chapel (PWOC)**
 - Protestant Women of the Chapel Summer Program
 - Morris Hill Chapel
 - 9:30-11:00am

- July 6th thru July 27th Free childcare for Infants to 5 years old.
 - July 6– Marriage/Parenting
 - July 13 – Prayer
 - July 20 – Organizing and/Time Management
 - July 27 – Biblical Truth of Finances
 - Come beat the heat for a few weeks. For more information call: 784-6615.
- **Military Council of Catholic Women (MCCW)**
 - Everyone (male and female) is invited to join us for our weekly Faith Sharing Program. It is held every Monday immediately following daily noon mass at the Hospital Chapel located on the second floor of Irwin Army Hospital. We will be looking at a book titled An Invitation to Catholicism. Copies of this book can be obtained from Sr. Carolyn at Morris Hill Chapel or at the weekly meeting. Please call Sr. 239-4815 for more information.

Staff Judge Advocate

- Reminder: After you receive delivery of your HHGs, you must submit your DD Form 1840R (pink form) to the Claims Office within 70 days of delivery, or the amount you receive on your final claim may be greatly reduced. Also, you must submit your completed claim packet no later than 2 years from delivery. The Claims Office is located in Patton Hall, Bldg. 200, Room 106. If you have any questions, you may call the Claims Office at 239-3830/2633.

Plans, Analysis, & Integration Office (PAI)

- Use ICE to help us serve you better. ICE (Interactive Customer Evaluation) is a web based customer feedback system. You can provide an evaluation of more than 170 services on Fort Riley or communicate directly with the manager of a service via ICE.
- You can access ICE several ways. The quickest is to click on the ICE link on the sidebar of the Fort Riley home page www.riley.army.mil. You may also access our site via the ICE homepage <http://ice.disa.mil> and then drill down through the map to Fort Riley. In either case, you will reach a search page listing categories of service. The names of the organizations you can rate will appear when you click on the service category. The comment card will come up when you click on a service name. At the bottom of the comment card you will also find a dialogue box in which you can enter comments. Your comments are most valuable to our service providers. If you wish to see how others have rated a service in the past 90 days, click on the “Report” box. General information about the service can be obtained by clicking on the “Info” balloon.
- ICE is a worldwide customer feedback system supported by the DOD Office of Quality Management. You will find all branches of service and installations worldwide whose services you can rate or see how others have rated them. This may be important to you if you have been TDY and wish to rate services received or if you are going to another installation and want to know how users evaluate a service.
- ICE is administered by the Plans, Analysis & Integration Office at Fort Riley. If you have questions about this service or wish to develop a comment card for your organization please call 239-2540.

Provost Marshal Office

- The **Fourth of July** is a time of celebration for the independence of this great nation. It is an opportunity for friends and family to gather. It can be a time to enjoy the outdoors for the beginning of the summer season, but safety need to be considered when planning events.
 - Cooking-out: Make sure that if you use a gas grill that all of your connections are hooked up properly. For charcoal, make sure that you use the right lighter fluid and cooking accessories.
 - Swimming: Make sure children are being watched and are using floatation devices. As with any outdoor activity, use sunscreen!
 - Fishing/Boating: If you are 16 years of age or older, you are required to have a state as well as Fort Riley fishing license on your persons at all times while fishing on post. If you don't have one, you can get one at the Fort Riley Outdoor Recreation center. It is \$18 for the state license and \$15 for the Fort Riley license. While boating, floatation devices are mandatory, and if you are using electric or gasoline motors, make sure that you have back up paddles.
 - Fireworks: Parents, supervise children when using fireworks. Also, ensure that the chosen area to light them is free of dry materials to prevent fires. Finally, check local regulations to prevent issues with law enforcement personnel.
 - Motorcycling: If you are motorcycling, reference the Commanding General's Policy letter 04-2. Make sure you are abiding by the policy at all times. It is for your safety.
 - Drinking: Have a plan!! Make sure that you take care of your buddies and yourself. Anyone can be a victim of drunk driving.
- **Bicycling** is often partaking in by Fort Riley residents. Children at all times are required to be under adult supervision. It is also important and mandatory to make sure the helmets are worn.
- **Jackson Street**, as you know runs through on-post housing, through the neighborhoods and playgrounds, as well as school zones. While traveling on Jackson, you need to pay particular attention to your surroundings and the speed. The posted speed limit is now **20** miles per hour. Watch your speedometer.
- **National Night Out** is coming up soon. It is August 3rd. More information will follow as the date approaches.

Directorate of Public Works

- **July Fourth Holiday Refuse Collection Schedule:**
 - Monday, 5 July: No collection.
 - Tuesday, 6 July: Colyer Manor, Main Post, and Marshall Air Field Housing.
 - Wednesday, 7 July: Ellis Heights, Monteith Heights, Peterson Heights, and O'Donnell Heights.
 - Thursday, 8 July: Burnside Heights and Warner Heights.
 - Friday, 9 July: South Peterson, South Warner, McClellan Heights, and Meade Heights.
- **Energy Conservation:** Authorized thermostat settings during the cooling season are 76 to 80 degrees. Be sure to keep windows and doors closed when the cooling system is energized. Be sure to turn off computer monitors, appliances and lights when not needed. Not only does it save energy, but it helps keep the room cooler. Funds saved in the energy account go to improving the quality of life for soldiers and family

- **Recycling Reminder:** All on-post housing occupants are reminded of their responsibility to recycle to the extent possible. All recyclables, except yard waste and large pieces of cardboard, are to be placed in the blue recycle bags and placed next to your trash containers the day of your scheduled pick-up. The blue recycle bags and a Resident User's Guide are issued at the time of assignment of the quarters. Additional bags can be obtained at no cost at the self-help store. Please do not use the blue recycle bags for everyday trash or non-recycled items. Information on the recycling procedures are in the Resident User's Guide and in the Housing Handbook, page 48.
- **Smoke Detectors in Quarters**
 - Smoke detectors can save lives. Residents are responsible for ensuring they are in good working order.
 - **Never** remove the backup batteries from the detectors to use for other purposes.
 - **Never** remove the detectors from the ceilings.
 - Replace the batteries when the detectors start beeping. That is the warning sound for expired batteries. Replacement can be done by occupants or as a service order.
- **Barbecue Grills**
 - Must be kept several feet from the House, when in use, because of the intense heat they generate.
 - Fire Regulations prohibit the use of barbeque grills on enclosed porches and balconies.
 - Parents must watch children while Barbequing, to prevent serious injury.
 - Damages caused by grills will be charged to occupants.
- **Fire Safety Trailer in Housing:** The Fort Riley Fire Department, in conjunction with the Junction City Fire Department is scheduling the Fire Safety Training Trailer to be in the Housing area in the months of June, July, and August. The trailer is designed to teach children how to fires start and what to do in the event of a fire. The dates have not yet been determined, but will be announced as soon as confirmation is received from Junction City.
- **Playgrounds**
 - Residents are required to watch over their children while they play.
 - Service orders should be called in to 784-2599 when equipment needs repair
 - Residents should keep areas clean and in good condition.
 - Sponsors will be held accountable for dependents caught defacing equipment.
 - Toys should not be left at the playground.
- **Pre-termination Briefing:** For the benefit of departing residents, Housing offers pre-termination briefings at 2:00pm on Tuesdays. Briefing is held on the 3rd floor of Carr Hall (Bldg. 45).
- **Absence from Government Quarters**
 - Reporting absence to Housing is not the PMO House Watch Program.
 - Any absence over 7 days must be reported to the Housing Office, 239-3525.
 - If an absence will be more than 30 days in duration, Housing must approve it.
- **Peak PCS Season:** Summer is the Housing Office's peak season. If you are planning on PCSing or leaving quarters this summer you need to schedule your transportation, clearing, cleaning, and lodging dates as soon as possible to ensure these agencies can support your plans.

Directorate of Environment and Safety (DES)

G3/DPTM

- 16 June - CAC; 1:30pm
- 16 June - NCO Ball; 6:00pm, Holiday Inn Manhattan
- 18 June - Training Holiday
- 21 June - Sergeant Major of the Army visit
- 22 June - DENTAC Change of Command; 9:00am, Ware Parade Field
- 22 June - Band Concert; 7:30pm, Duty Statue on Cavalry Parade Field
- 23 June - 3-75 TSB Change of Command; 9:00am, Cavalry Parade Field
- 24 June - MEDDAC Change of Command; 9:00am, Cavalry Parade Field
- 25 June - 3 BCT Change of Command; 9:00am, Cavalry Parade Field
- 30 June - Post Retirement Ceremony; 9:00am Ware Parade Field
- 2-5 July - Fourth of July Holiday / 4-Day Weekend
- 3 July- Sundown Salute: 9:30am Parade; 11:30am Wreath Laying Ceremony
- 6-13 July - 2-34 AR Company STX

Veterinary Services

American Red Cross

Boy Scouts

Girl Scouts

Armed Services YMCA (ASYMCA):

- **Mom's Monday Out**
 - Mondays 10:30am-3:00pm
 - You must provide a sack lunch and a snack for your children
 - Prices are the same as our Mid Week Break program.
- **Upcoming Events**
 - Registration is still open for Fall Creative Learning Classes.
 - Registration Fee is \$10 per child
 - Cost is \$ 50.00 per month
 - Classes will be for ages 2-5 year olds
- **Creative Memories Scrapbooking** every third Friday of the month
 - Put your children on our Friday Night Out childcare program from 5:30-10:00pm and come to our Creative Memories Scrap booking session. Scrap booking will be held in the back room. Call for reservations a week in advance.
 - For \$5.00 you can scrapbook using all the tools and accessories of Creative Memories Consultant Lisa Hunter. Dinner will also be included.
- **Mom's Morning Out**
 - Tuesday Mornings 8:30am-12:00pm
 - \$6 per child
 - \$6.75 per child under 2.
- **Mid Week Break**
 - Wednesdays 10:30am-3:00pm
 - You must provide a sack lunch and a snack for your children.
 - \$7.00 1st child

- \$7.75 for children under 2
 - \$6.25 per additional child
 - \$6.50 per additional child under 2
- **Parent's Day Out**
 - Fridays 11:00am-2:00pm
 - You must provide a sack lunch for your children.
 - \$5.50 1st child
 - \$6.25 for children under 2
 - \$3.75 per additional child
 - \$4.50 per additional child under 2
- **Friday Night Out**
 - 5:30-10:00pm
 - 5:30-6:30pm Dinner Hour
 - \$6.00 1st Child
 - \$6.75 for children under 2
 - \$4.25 additional child
 - \$4.50 per additional child under 2
 - Additional \$1 charge for dinner hour. You must provide dinner for your children.
 - **Reservations are required for all childcare programs.**
- The ASYMCA also offers **Aerobics Classes** five times per week. Childcare is available for all classes at \$1.00 per child. **No Reservations Needed!** (We must have up to date shot records on all children).
 - \$2.00 per class for walk-ins or you may purchase a **Punch Card** for savings.
 - Classes are:
 - Monday/Wednesday/Friday 9:00-10:00am
 - Tuesday/Thursday 6:00-7:00pm
 - 45 minutes of Step Aerobics/15 minutes of toning
 - Fridays – Body Toning or Circuits
- The ASYMCA is available for your FRG Meetings. Call to schedule
- Need a place to hold a Kid's Birthday Party, Baby Shower, or Bridal Shower. We offer our building for rentals.
- For more information call 238-2972 or stop by the ASYMCA at 111 East 16th Street, Junction City.

Thrift Shop

- Hours of Operation: Bldg. 267, Stuart Avenue (next to the stables)
 - 9:30am-2:30pm Tuesday & Wednesday.
 - **9:30am-6:00pm - Extended hours on Thursday**
 - **Saturday. April 7 and May 15 – 10:00am-1:00pm**
- **Wanted: Bookkeeper Applications** available at the Shop. QuickBook knowledge is helpful.

Historical and Archaeological Society of Fort Riley (HASFR)

- On 22 June 2004 the 95th Army Band will perform on the grounds of the Calvary Museum at 7:30pm. The Fort Riley community is invited to this event. HASFR volunteers will have membership forms available that evening.
- HASFR is in need of docents for the Custer House and Driving Tours of Fort Riley. If you have an interest in learning more about historic Fort Riley and sharing the information you learn with visitors to our wonderful installation, volunteering as a docent is for you.

Training is provided and is free of charge. For more information please call Alicia Broadwater at 717-3266.

- Custer House side B is available for functions. For further information please call 784-4044.

Enlisted Spouses Club (ESC)

- The Enlisted Spouses Club (ESC) is open to all Enlisted spouses: active duty, retirees or widowed service members. ESC builds support among spouses while assisting the Ft Riley and surrounding community through the sponsorship of community and welfare activities. In addition, we will be doing many fun events among the membership. For more information you can use the ESC e-mail frileyesc@yahoo.com
- Our meetings are held on the last Wednesday of the month at Armed Services YMCA located at 111 E. 16th St. in Junction City. On site childcare is provided at membership meetings for a donation. To make childcare reservations please call 785-494-2094 or 785-784-3191.

Combined Scholarship Committee

Officers' and Civilians' Spouses' Club (OCSC)

The Shoppe

- The Shoppe is pleased to announce that we're open in our new location at the US Cavalry Museum, Bldg. 205. Come by and see the exciting changes and several new lines that are available...Polish Pottery anyone? The new Shoppe phone number is 239-2743. The Shoppe's current hours of operation are Tuesday through Friday from 10:00am until 2:00pm and Saturdays from 11:00am until 3:00pm.
- Volunteer opportunities are always available at The Shoppe. We need your support now more than ever before, as The Shoppe would like to expand our hours to fit the museum hours of operation. Limited childcare reimbursement is available. Please contact 785-784-4440 or 785-784-4468 to sign up.

Commissary

- **DeCA Announces Best Commissary Award Recipients**
 - Commissaries in California, Washington, Italy and Egypt have earned the agency's Best Commissary Awards. This competition emphasizes DeCA's commitment to quality in delivering a consistent commissary benefit - regardless of location. The winners by category are Naval Station Everett Smokey Point Support Center, Wash., best large commissary in the United States; Naval Air Weapons Station China Lake, Calif., best small commissary in the United States; Aviano Air Base, Italy, best large commissary overseas; and Cairo, Egypt, best small commissary overseas.
- **Can We Talk? DeCA's "Your Action Line" gives customers a voice**
 - Have a commissary story or comment to share? Voice your comments through the agency's Your Action Line, a program providing two-way communication between customers and agency officials. There are two ways to transmit comments: by "snail mail" or e-mail. Pick up a postage-paid Your Action Line card at the commissary, fill it out and drop it in the mail, or go online at http://www.commissaries.com/YAL/customer_comments.cfm and send your

comments electronically. If communicating by mail, please write as neatly as possible and provide a return address.

- **Vidalia Onions Provide a Sweet Twist on a Classic Vegetable**

- Vidalia onions - famous the world over for their toothsome sweet flavor - are great sprinkled in salads and layered on burgers. They can even be sautéed and grilled without losing their sweet taste. Vidalia lovers are in luck. It's Vidalia season and growers expect a bumper crop. Look for the sweet onions in commissary produce sections now through August. To ensure Vidalia's are good to the last bite, select only those that are smooth and dry to the touch and store them in a cool, low-humidity environment. If you're a veritable Vidalia junkie, you're not alone. This season commissaries will sell about \$1 million of the sweet produce.

- **Celebrate National Dairy Month with a Glass of Cold Milk from the Commissary**

- Just in time for National Dairy Month in June, low-fat 1-percent milk, already available in stateside stores, is now available in European commissaries. Low-fat milk provides all the calcium, vitamins and minerals of whole milk with a fraction of the fat. To make the switch to low-fat 1-percent milk more palatable, mix higher fat milk with low-fat milk in a 50/50 ratio, gradually increasing the amount of low-fat milk. Children under the age of two have higher fat needs; ask your doctor's advice before switching them to a lower fat milk. Young children (ages 2 to 8) and adults (ages 19 to 50) need two servings of milk or milk product a day, while older children and teens (ages 9 to 18) and adults over 50 need three servings a day. Consult the chart below to see the fat and calorie differences in whole, skim and low-fat milk (nutrient information is based on one 8 oz. serving).

| | | | | | |
|-------------|-------|-------|-------|-------|-------|
| ○ Skim | 1% | 2% | Whole | | |
| ○ Calories | 80 | 100 | 120 | 150 | |
| ○ Fat | 0 | 2g | 5g | 8g | |
| ○ Protein | 8g | 8g | 8g | 8g | |
| ○ Calcium | 300mg | | 300mg | 300mg | 300mg |
| ○ Vitamin D | 98 IU | 98 IU | 98 IU | 98 IU | |

Army and Air Force Exchange Services

***The next Community Action Council will be held at
9:30am Wednesday, July 21, 2004
SOLDIER and FAMILY SUPPORT CENTER
BLDG. 7264, Custer Hill
“America’s Warfighting Center”***

Announcements for the next “Riley Bugle Call” are due by noon, 14 July, 2004 to the Community Life Coordinator, Building 7264, 239-9435. Email to site2665@riley.army.mil

The CAC is shown four times daily on Channel 2, for four days following the CAC. The times are 8:30a.m. 12:30p.m. 6:30p.m. and 10:30p.m.

SCHEDULE FOR 2004

| | |
|---------------------|-----------------|
| 21 July | 9:30a.m. |
| 18 August | 9:30a.m. |
| 15 September | 9:30a.m. |